

Proposed changes to Pacific Swimming time conversion formulas

D. Yard/Meter Conversions

1. Convert short course yard times to meter times as follows:
 - a. SHORT COURSE YARDS TO LONG COURSE METERS

| | |
|---------------|---|
| STROKE | 50'S |
| BUTTERFLY | (METERS TIME) =YARDS TIME+0.7 SEC)*1.11 |
| BACKSTROKE | (METERS TIME) =YARDS TIME+0.6 SEC)*1.11 |
| BREASTSTROKE | (METERS TIME) =YARDS TIME+1.0 SEC)*1.11 |
| FREESTYLE | (METERS TIME) =YARDS TIME+0.8 SEC)*1.11 |
| | 100'S |
| BUTTERFLY | (METERS TIME) =YARDS TIME+1.4 SEC)*1.11 |
| BACKSTROKE | (METERS TIME) =YARDS TIME+1.2 SEC)*1.11 |
| BREASTSTROKE | (METERS TIME) =YARDS TIME+2.0 SEC)*1.11 |
| FREESTYLE | (METERS TIME) =YARDS TIME+1.6 SEC)*1.11 |
| | 200'S |
| BUTTERFLY | (METERS TIME) =YARDS TIME+2.8 SEC)*1.11 |
| BACKSTROKE | (METERS TIME) =YARDS TIME+2.4 SEC)*1.11 |
| BREASTSTROKE | (METERS TIME) =YARDS TIME+4.0 SEC)*1.11 |
| FREESTYLE | (METERS TIME) =YARDS TIME+3.2 SEC)*1.11 |
| Ind. Medley | (METERS TIME) =YARDS TIME+3.2 SEC)*1.11 |
| | 400'S |
| Ind. Medley | (METERS TIME) =YARDS TIME+6.4 SEC)*1.11 |
| | 500 Yards to 400 Meters |
| FREESTYLE | (METERS TIME) =YARDS TIME*0.8925 |
| | 1000 YARDS TO 800 METERS |
| FREESTYLE | (METERS TIME) =YARDS TIME* 0.8925 |
| | 1650 YARDS TO 1500 METERS |
| FREESTYLE | (METERS TIME) =YARDS TIME*1.02 |

- b. SHORT COURSE YARDS TO SHORT COURSE METTERS, ALL DISTANCES:

$$(\text{METER TIME}) = \text{YARDS TIME} * 1.11$$

2. Convert long course meters times to yards times as follows:
 - a. LONG COURSE METERS TO SHORT COURSE YARDS

| | |
|---------------|---|
| STROKE | 50'S |
| BUTTERFLY | (YARDS TIME) = (METERS TIME - 0.7 SEC)/1.11 |
| BACKSTROKE | (YARDS TIME) = (METERS TIME - 0.6 SEC)/1.11 |
| BREASTSTROKE | (YARDS TIME) = (METERS TIME - 1.0 SEC)/1.11 |
| FREESTYLE | (YARDS TIME) = (METERS TIME - 0.8 SEC)/1.11 |
| | 100'S |
| BUTTERFLY | (YARDS TIME) = (METERS TIME - 1.4 SEC)/1.11 |
| BACKSTROKE | (YARDS TIME) = (METERS TIME - 1.2 SEC)/1.11 |
| BREASTSTROKE | (YARDS TIME) = (METERS TIME - 2.0 SEC)/1.11 |
| FREESTYLE | (YARDS TIME) = (METERS TIME - 1.6 SEC)/1.11 |
| | 200'S |
| BUTTERFLY | (YARDS TIME) = (METERS TIME - 2.8 SEC)/1.11 |
| BACKSTROKE | (YARDS TIME) = (METERS TIME - 2.4 SEC)/1.11 |
| BREASTSTROKE | (YARDS TIME) = (METERS TIME - 4.0 SEC)/1.11 |
| FREESTYLE | (YARDS TIME) = (METERS TIME - 3.2 SEC)/1.11 |
| Ind. Medley | (YARDS TIME) = (METERS TIME - 3.2 SEC)/1.11 |
| | 400'S |
| Ind. Medley | (YARDS TIME) = (METERS TIME - 6.4 SEC)/1.11 |
| | 400 METERS to 500 YARDS |
| FREESTYLE | (YARDS TIME) = (METERS TIME / 0.8925) |
| | 800 METERS TO 1000 YARDS |
| FREESTYLE | (YARDS TIME) = (METERS TIME / 0.8925) |
| | 1500 METERS TO 1650 YARDS |
| FREESTYLE | (YARDS TIME) = (METERS TIME / 1.02) |

- b. LONG COURSE METERS TO SHORT COURSE METERS: JUST SUBTRACT SECONDS.
 - i. 400 FREESTYLE: LONG COURSE TIME - 6.4 SECONDS = SHORT COURSE METERS TIME.
 - ii. 800 FREESTYLE: LONG COURSE TIME - 12.8 SECONDS = SHOURT COURSE METERS TIME
 - iii. 1500 FREESTYLE: LONG COURSE TIME - 24.0 SECONDS = SHORT COURSE METERS TIME.
3. SHORT COURSE METERS TO SHORT COURSE YARDS, ALL DISTANCES
 - a. YARD TIME = (METER TIME / 1.11)